



**SERVING PROUD
SERVING DRUG FREE**

Navy Drug Detection and Deterrence News

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Messages to Share

Below are sample messages that can be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence's prevention efforts:

1. Men are more likely than women to misuse alcohol and drugs and use tobacco. These can impact both physical wellness and overall safety. The Navy and Marine Corps Public Health Center's Men's Health Month toolbox is available at go.usa.gov/xmysK, and it includes tips on the best choices for optimal health.
2. During these 101 Critical Days of Summer, protect yourself, loved ones, shipmates and career. Drink responsibly, and step up to be the group's designated driver. Take prescription medications as directed, and don't share them with others. Avoid illegal drugs, and be there for a buddy who may be struggling. More summer safety tips are at go.usa.gov/xmyzs.
3. June is PTSD Awareness Month. Traumatic events of all kinds can cause PTSD. Current service members, Veterans and civilians can all be impacted. Understanding PTSD and finding treatment can help those affected live a better life. Learn more at PTSD.VA.gov.
4. June is LGBT Pride Month. According to the 2015 Health Related Behaviors Survey, LGBT service members are more likely to binge drink, smoke cigarettes and have negative mental health outcomes than their non-LGBT counterparts. Be there for your fellow Sailor, provide support, and reach out for help if they need it.

Substances and Men's Health

The assumption that "women live longer than men" is often seen as an immutable biological fact. During the 1990s, US men could expect to live about 6.7 fewer years than women. Meanwhile, for UK men, it was 5.3 years and about 6 months for men in India. This variance shows the role of social and behavioral factors. Chronic illness such as cardiovascular disease and diabetes, cancers, and unintentional injuries are top risks to **men's health**. Diet, exercise and regular check-ups can help, but alcohol—the third **leading cause** of preventable death in the US—and drugs contribute to thousands of unnecessary deaths each year.



Substances and Mental Health

Drugs and alcohol can exacerbate or precede depression and have long-term **impacts** on mental health. It can also affect sleep patterns by interrupting deep REM sleep, resulting in daytime sleepiness, anxiety, irritability and jumpiness. Experts now believe that depression affects men just as much as women, contrary to past assumptions. Men, however, may hide symptoms or express them differently and are less likely to seek professional help and instead engage in unhealthy coping behaviors including substance misuse.

Substances and Safety

Motor vehicle accidents, drowning, falls and accidental poisonings are common sources of unintentional injury that can be avoided by employing simple safety habits. Crash-related deaths, for example, could be reduced by 50% if everyone wore a **seatbelt**. Motorcyclists and bicyclists should always wear an appropriate helmet. Bathing, swimming and participation in water sports like boating or waterskiing should be avoided if under the influence. Medications should only be taken as prescribed and careful attention paid to warnings about mixing medications with alcohol.

Seeking Help and Closing the Gap

Experts believe the lifespan gap could **close** in developed countries by 2032 if men and women both equally monitor and protect their health. Maintaining a healthy diet and exercise regimen is important, but avoiding substance misuse and being aware of emotional health is also essential. Trouble sleeping, loss of interest in activities, irritability, feelings of hopelessness and social withdrawal are common signs of depression. Substance use disorder and depression are both treatable conditions but are dependent on self-advocacy. Concerns about substance misuse can be discussed with your command Drug and Alcohol Program Advisor (DAPA) or doctor or by calling 1-866-U-ASK-NPC.



Navy Drug Detection and Deterrence News

PTSD and Substance Use

Posttraumatic Stress Disorder (PTSD) can result from experiencing or witnessing any number of traumatic or life-threatening events, from combat to motor vehicle accidents to sexual assault. Up to half of those seeking treatment for substance use disorders (SUDs) also meet the criteria for either current or lifetime PTSD. Co-occurring PTSD and SUDs can create the need for a more difficult treatment plan, in addition to an increased risk of physical health problems, legal issues and suicide attempts.

Researchers believe there are many reasons that SUDs and PTSD so frequently **co-occur**. The most common theory is that people who experience PTSD begin to misuse substances as **self-medication** for their symptoms. Other theories suggest that SUDs may cause individuals to engage in “high-risk” activities and behaviors, increasing their likelihood of exposure to trauma and subsequent development of PTSD or that SUDs may create heightened anxiety in individuals and “increase biologic vulnerability to developing PTSD.”

Researched **treatment** options for co-occurring PTSD and SUDs include medications and either exposure-based or non-exposure-based treatments. These may include **cognitive behavioral therapy**, a type of talk therapy. Research suggests that exposure-based PTSD treatments addressing SUDs simultaneously seem to be the most promising. A medical or mental health professional can determine the best options for treating co-occurring PTSD and SUDs.

June is PTSD Awareness Month. Learn more about PTSD from the Department of Veterans Affairs’ **National Center for PTSD**. Learn more about mental health and substance use disorders from **MentalHealth.gov**.

If you or someone you know is in crisis, contact the **Veterans Crisis Line** via phone at 1-800-273-8255 (Press 1) or text at 838255.



Current and Upcoming Events

June DDD Webinars

All webinars are scheduled for 1000-1130 CT and 1700-1830 CT

5 — Running Reports in IFTDTL

19 — Managing all Discrepancies

To join, log on at go.usa.gov/xPPS2.

ADAMS for Leaders, DAPA, UPC & Drug Aware Courses

Can be accessed using your CAC by logging in to My Navy Portal (MNP) at my.navy.mil.

NMCPHC Men’s Health Month

June

Find the toolbox at go.usa.gov/xmYSK.

PTSD Awareness Month

June

Learn more about PTSD at ptsd.va.gov.

LGBT Pride Month

June

NDSP Transformation

The Internet Forensic Toxicology Drug Testing Laboratory (IFTDTL) portal continues to be updated in preparation for the launch of Web Drug Testing Program (WebDTP). WebDTP will replace NDSP in FY-20 as the primary urinalysis drug testing program. This web-based application operates in the same manner as NDSP, but UPCs will access it from a CAC-enabled computer. It has additional features that will interface with the portal including uploads of test results from the Laboratory Information Management System (LIMS) and specific program reports. Drug Testing Program Lite (DTP Lite) is the desktop version of this application for use by commands with limited or non-existent internet access only. DTP Lite allows users to load the roster, print testing products and save a copy of the test generated for upload to WebDTP. DTP Lite does not require login access for use, nor does it retain a history. All information loaded will be deleted when the system is closed. WebDTP and DTP Lite both use a 2D barcode system not available in NDSP, eliminating the need to send a DD Form 2624 to the lab with the urine specimen. The barcode label contains all information needed by the lab. As WebDTP and DTP Lite are phased in, NDSP will be phased out. For more information, contact the NDSP Support desk at (901) 874-4204 or email MILL_NDSP@navy.mil.